

SERVING THE COMMUNITY

VOLUNTEER OPPORTUNITIES

We are always looking for volunteers! You can bring your expertise to RSS in many ways. Volunteer opportunities include mailings, answering phones, planning activities, registering new members, raising funds, or leading discussions and classes. Volunteers enhance our programs in many ways!

If you have an interest or skill you would like to share, we encourage you to consider becoming part of our talented group of volunteers.

To find out how you can volunteer or support RSS, and for more information about any of our many programs and services please call **718.884.5900** or e-mail rss@riverdalesenior.org.

*We are **grateful** to those who have assisted us in the past and to those who continue to support us in the future.*

RSS Mission Statement

Riverdale Senior Services, Inc. is a multipurpose non-profit whose mission is to promote the physical, intellectual, social and emotional wellbeing of older adults in the Northwest Bronx.



RSS Inc.'s program and services take place at a community facility and are designed to encourage and enable seniors to live well and to continue living independently in their own community.

DINING OUT?

Meals are prepared by our fabulous Chef and served daily!

ADAP is funded in part by The New York City Department for the Aging (DFTA).



Adult Day



Activities Program

Riverdale Senior Services, Inc.

2600 Netherland Avenue

Bronx, NY, 10463

Tel: 718.884.5900 • Fax: 718.796.9624

Email: rss@riverdalesenior.org

Website: <http://www.riverdalesenior.org>



RIVERDALE SENIOR SERVICES (RSS) was founded in 1974. We are open to all New Yorkers age 60 and older.

The Rev. William A. Tieck **ADULT DAY ACTIVITIES PROGRAM (ADAP)** at Riverdale Senior Services is a social-model adult day program for people who have memory loss or are physically frail and their caregivers. ADAP has served members and caregivers since 2000.

We believe that adult day programs such as ADAP provide an essential lifeline for people with memory loss or who are frail and their caregivers. By offering a safe and supportive environment, we believe that people can maintain their independence in the community, heighten well-being and self-esteem, and reduce isolation and decline. We also believe that adult day programs are a vital resource and respite for caregivers.

For more information about ADAP, or to discuss enrollment and cost, please call:

718.884.5900

Visit our website:

<http://www.riverdalesenior.org>



Daily Activities

We offer activities that provide social, mental, physical, and creative stimulation, such as art, music, exercise, games, and more.



Personal Care Assistance

We provide help with mobility, nutrition, and other areas of personal care. Supervision is also provided during program hours.



Transportation

Escorted transportation is offered within our service area. Our vehicles are wheelchair and walker accessible.



Caregiver Support

Comprehensive caregiver support services are offered, including case assistance, support groups, long-term care planning, and more.